

Dear Fellow Employees:

Just a brief reminder to go to our WOW Web site at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html to access information and links for fitness, nutrition, men's and women's health, fitness club discounts, wellness events, WOW News and the WOW contest.

WELCOA (WELLNESS COUNCILS OF AMERICA) online bulletins provide great tips on keeping you and your family healthy. See below:

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v8_no3.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v8_no3.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v8_no3.pdf

A Safe, Healthy & Happy New Year!

Working On Wellness

The WOW Team

Employee Health & Wellness